

HIGHLIGHTS:

FEATURED FUNDRAISERS:

Drive to REDRIVE Automotive:

One of this month's featured sponsors is **REDRIVE**. From September 15th to October 15th, REDrive is going to donate **\$15.00** for every **\$30.00 car inspection**, and **\$10** off of every regular oil change to the North and East Wake Senior Centers depending on which center you identify. Their rates for an oil change are \$40 for regular oil and \$50 for synthetic.

REDRIVE is unique. They are a car dealership alternative committed to providing unmatched customer service, accompanied by quality used vehicle inventory at affordable prices. They promise to protect their customers from the dishonesty often associated with the used car industry, significantly affecting the scams so often experienced by the aging population. They also make your auto repair experience easy and painless while focusing on quality service and quick turnaround.

Please call REDRIVE to schedule your appointment and tell them the senior center sent you. They are located at 7409 Louisburg Rd, Raleigh, NC. Call REDRIVE at 919-964-0462 to schedule your appointment today.

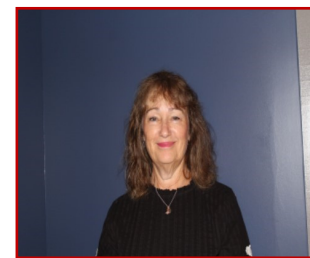


Don't Forget the Sizzlin' Summer Picnic Basket Drawing: \$1.00 a ticket or \$3.00 for 5 tickets . Last chance, drawing September 8, 2020. Call the center



Jennie Griggs
Program Director

Let me introduce you to another one of our team members, Susan Harris. Susan is the Program Assistant at NWSC, operating as one of our office administrators. A resident of Wake Forest, she and her husband Paul moved from California. They fell in love with the trees, clean air, and us Southern "Friendly Folks." Susan



began as a volunteer working in the senior center office, which soon blossomed

into a two or three-day volunteering position. When the job became available, she was a definite choice. Susan loves her work and is never bored. She assists members in signing up for classes, delivering groceries to those in need, making wellness calls, helping with events and celebrations, handles reporting to the state, and never forgets a birthday. She loves to camp and garden. We are so blessed to have the opportunity to have her on our team . Make sure to thank Susan for all that she does when you call next time.

FEATURED FUNDRAISERS CONT:

DRIVE-THROUGH COVID19 RAPID TESTING:

by LoginClinics. **Testing will be at the North Wake Senior Center. (see schedule to right)** The drive-through is for all ages! The senior center is managed by Resources for Seniors and will receive a **\$5 donation** from LoginClinics for every test given. It is our hope that we can offer the same program in Wendell; nevertheless, all are welcome to participate in this opportunity.

To Register do not call the center!

Call 919-679-1880 from 9am—5pm M-F for instructions, explanations, and drive through time. You may also seek further information online at admin@loginclinics.com.

There will be two types of test provided: Results provided in 20 minutes.

Antigen Test: Show Active infection: Cost \$75

Antibody Test: Antibodies reflect recent or past infection:
Cost \$75

LoginClinics will determine if you need one or both tests at time of registration. For more information you may visit:

<https://link.edgepilot.com/s/b13a49d8/9iYwOAgsR0KiVO0XkKDs4A?u=https://www.loginclinics.com/contents/about-nav/current-events>

\$75 per test. We will determine if they need one or both.

Cash, not billable to insurance through LICs.

FREE TAKE-HOME WELLNESS KITS:

The Town of Wake Forest Parks and Rec. Dept. is partnering with the Senior Center to offer take-home wellness kits to individuals with disabilities in the community. This initial kit is free and will include a variety of wellness related items donated by Brookdale Sr. Living W.F., Duke HomeCare & Hospice, Heartland Hospice, Emerge Ortho, Lynroy Thomas, Aetna, Schaefer Business Assoc., Parks and Rec., and Resources for Seniors.

Each kit includes supplies for one. There are a limited number of kits. If you would like a kit for more than one person in your household, please register for each individual. Register with Parks & Rec (RecDesk program see below)

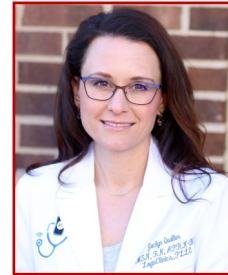
Kits will be available for no contact pick-up. At pickup, please remain in your vehicle. A staff member will bring your kit to you.

Pickup Date and Time: Wednesday September 9th from 1-4PM at the Northern Wake Senior Center (235 E Holding Ave).

Registration Link

Link to Help page with details on how to set up a RecDesk Account if you do not already have one. If anyone is having issues getting their RecDesk account set up, they can call 919-435-9560 for help.

[Link to Set Up RecDesk Account](#)



*“LoginClinics is looking for a way to serve the Wake Forest community by offering their rapid COVID antibody and antigen tests. These tests provide COVID status results in **20 minutes**; both showing an active or past infection from the virus.*

Founding member of LoginClinics, Jaclyn Qualter, NP, A-CTTP, is a board-certified nurse practitioner and telemedicine provider located in Wake Forest, North Carolina. She will be administering the tests.

COVID19 Rapid Test Schedule:

Wednesday, **September 9th** 12:00pm to 4:00pm

Saturday, **September 19th** 9:00am to 2:00 pm

Monday, **September 28th** 12:00pm to 4:00pm



Each Wellness Kit Includes:

- Activity book and markers
- Hand sanitizer, chap stick, lotion, compact mirror
- Resources for Seniors Directory of Resources
- Bag of chips and more!

Northern Wake Senior Center
919-554-4111
wfsccordinator@rfsnc.org

Eastern Wake Senior Center
919-365-4248
ewscordinator@rfsnc.org

FEATURED EVENT:

FLU SHOT Drive-Thru: Wow! A drive-thru Flu Shot opportunity! We realize that many seniors may not want to get their annual flu shots in an effort to avoid doctor's offices and any possible coronavirus exposure. But these flu shots are so important especially this year! And, since no one loves getting a shot, **Heritage Audiology** will be offering FREE ice cream!

When & Where:

Friday, October 2nd – 9-11AM – Northern Wake Senior Center

Wednesday, October 7th – 12:30-2:30PM – Eastern Wake Senior Center

Thursday, October 8th – 12:30-2:30PM – Northern Wake Senior Center

Each date will have a limit of 100 doses – you may email or call to confirm your shot! Contact: Brent@HeritageAudiology.com or (855) 252-1818

Cost:

FREE with insurance card: (Please remember to bring your updated Medicare Card)

Without Insurance: \$25 Regular Dose or \$60 High Dose

****CASH or CHECK Only**

A CVS Pharmacist will be giving the Flu Shots

Heritage Audiology

Heritage Audiology will be sponsoring and handing out the FREE ice cream



FEATURED NEW FITNESS CLASSES:

NEW BEGINNER TAI CHI FOR ARTHRITIS AND FALL PREVENTION:

Since these classes are an Evidence-Based program, there must be compliance in attendance for us to get the funding to provide this program. If you feel that you will miss more than two classes, please do not sign up. Each class size is limited to 9 people.

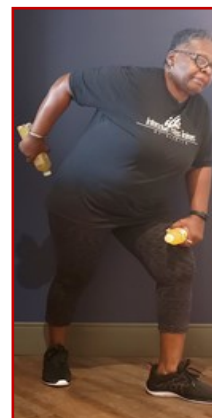
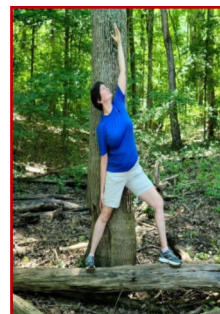
There will be two Beginner classes.

Class 1: Teacher is Laura Wilson, Begins September 29th, 21 sessions, Tues and Thurs, 8:30-9:30AM.

Class 2: Teacher is Norma Ferrell, Begins October 12th, 21 sessions, Mon & Wed, 10-11AM.

Call the senior center for sign up, waiver, and link to virtual class. If class is full and you have taken Tai Chi before there will be another class offered in the near future, so please get on a waiting list.

CARDIO, SHAPE, TONE AND SCULPT: A 45 Minute weekly program beginning Thursday September 17th 10-10:45AM. Taught by Linda Thomas. Use the light weights you have at home or be creative with water bottles. This class will complete your weekly workout. Register at 919-554-4111 for your waiver and receive the class link.



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FEATURED PROGRAMS CONT:

Virtual Book Club Opportunity: Sponsored by Brookdale Senior Living. Connect with others to enjoy a glass of wine and a good book by joining our virtual Wine and Book Club. Bring your curiosity and discussion topics to share with others as you sip wine and join the conversation from the comfort of your home. Club begins Monday September 28th from 7-8pm. It will be a Zoom link. Call your senior center between August 26th and September 18th to register and order your complimentary book provided by **Brookdale Senior Living**. The book is "The Nightingale by Kristin Hannah." Limited books available.

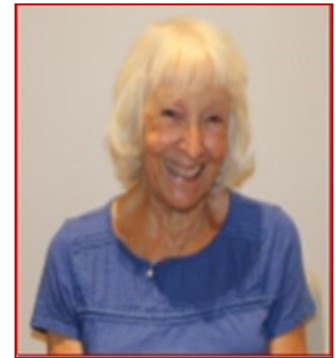


U.S. Congress: The Legislative Branch of the United States Government via Zoom platform, taught by RoseMarie Betuker. She has a B.S. Degree in Social Studies Education and a M.S. in Political Science.

This class will concentrate of the Constitutional background of Congress, its traditions, organization, and daily operation. The class will emphasize the importance of the current election, issues and future of policy and legislation. Class size is limited. 4 sessions from 10-11:30AM on Fridays

Dates: September 11th, 18th and 25th

To register call 919-554-4111 for the ZOOM link.



Powerful and Fun You Don't Want to Miss:

Name That Tune: Sponsored by **aetna™**

Every other Tuesday from 1:30-3:00pm

Programs Scheduled for September: 9/15, and 9/29

Join Cynthia Halstead, Aetna Community Lead Generator, and Donna Flowers for **Music, Fun and Prizes**. The event will be music genre from the 60s. Call 919-554-4111 to register and receive the Zoom link. You won't want to miss this one! *Participating in this program was the first time I have been happy since COVID started!* Brookdale Senior Living testimonial.



Music Therapy with Jacqueline Gray: September 11th at 1PM. Learn about Music Therapy and the benefits it provides. Sing along or listen to variety of popular songs ranging from the classical era to today. Jacqueline will also play a variety of instruments, ranging from keyboard to guitar. Call the **EWSC (919-365-4248)** to register and receive the zoom link.



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VIRTUAL FITNESS CLASSES:

Yoga: Laura Wilson's weekly Yoga class is back! The class will be on MWF at 8:30 am. **Call the NWSC 919-554-4111 for a waiver that must be signed prior to participating.** After receipt of the waiver we will provide you the link. Class size is limited.

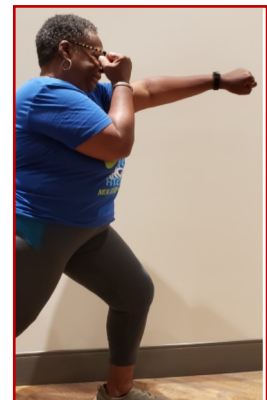
MARTY's SEATED Yoga Class: Mondays at 3:30pm. The class will be a 45 minute seated yoga class. **Call the NWSC 919-554-4111 for a waiver that must be signed prior to participating.** After receipt of the waiver we will provide you the link. Class size is limited.

Line Dance with Ronnie: Every Thursday at 11am Space still available. **Call NWSC 919-554-4111 for signup, waiver and link to virtual program.**

Beginners KNOCK-OUT with Linda:

This class is easy to follow, no equipment needed! Enjoy basic boxing moves put together to form a fun cardio burning exercise workout. This class is modified for our active adult community (especially you guys!).
Tues & Thurs. at 9AM

Call Northern Wake Senior Center 919-554-4111 for signup, waiver and link to virtual program.



VIRTUAL CLASSES:

Genealogy: Every other Monday at 2pm: Next Class 9/14. New members welcome, call in to register for link to zoom.
Led by Mike Hardee.

VIRTUAL PROGRAM OPPORTUNITIES:

Community Education Classes:

Offered by Transitions LifeCare

Just one of their new classes offered is "Social Isolation and Loneliness". This class discusses strategies to maintain social connections and discover resources that are available for the isolated and lonely. They will explore together how we can care for the ones we love and become a neighbor to someone in need.

For more class information:

Email: connect@transitionslifecare.org

Phone: 919-828-0890

Web: <https://transitionslifecare.org>



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VIRTUAL PROGRAM OPPORTUNITIES:

Heartland Virtual Support Group:

- 1st and 3rd Thursday of every month (1-2pm) **Grief Support Group**
- 2nd and 4th Thursday of every month (1-2pm) **Caregiver Support Group**

Contact Kristin Lassiter of Heartland Hospice to register : Kris-tin.lassiter@hcr-manorcare.com or 919-877-9959.

Stepping Out Strong: A Free virtual presentation by American Bone Health on bone health and tips for fall prevention along with simple exercises focused on strength and balance.

Date and Time: September 9th from 11AM-12PM

[Click Here to Register](#) .

Outdoor Caregivers Support Group at Smith Creek Soccer Park, 690 Heritage Lake Rd, Wake Forest. 2nd Wednesday of every month at 10 AM. Contact Kristin Lassiter of Heartland Hospice to register. kristin.lassiter@hcr-manorcare.com, 919-877-9959.

Alzheimer's and other Dementias Caregivers Support Group: September 17th at 10-11:30 AM: Meetings will be held the 3rd Thursday of every month at 10am via Zoom. Facilitated by DeeDee Harris of Dementia Alliance of NC. For more info email dharris@dementianc.org.

Northern Wake Parkinson's Support Group:

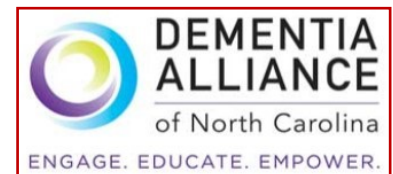
These informational and educational support group meetings are for persons with Parkinson's disease and their care partners.

Wednesday October 7th, 1-2:30PM, Topic: "Just Us" presented by Heartland Hospice.

- Monthly meetings currently held virtually via Zoom or another platform.
- 1st Wednesday of the month from 1:00-2:30pm.
- Dates and times of programs may vary.
- Program followed by Q & A.

Register with Heather Arcuri, carysc@rfsnc.org or call 984-232-4523

Normal vs. Not Normal Aging: September 23rd at 11 AM. This is a 45 minute seminar and then Q & A. You don't want to miss this educational webinar involving Melanie Bunn from Teepa Snow's Positive Approach Team and the Dementia Alliance of NC. This is sponsored by Aware Senior Care and our own Resources for Seniors. To register go to: <https://us02web.zoom.us/meeting/register/tZlvc--vpjwpGdxGOQ2II7KQH1wXjN9GzkZ>



NATIONAL FALL PREVENTION AWARENESS WEEK:

TAKE STEPS WITH US: TO PREVENT FALLS

Our intention is for each participant to learn, interact, and enjoy the ideas and resources presented by a collaborative of consultants, professionals with activities throughout the week to raise awareness about fall prevention.

Monday September 21, 2020

Session I: Introduction to Falls Prevention Week 10-11am

Norma Ferrell and Jennie Griggs will provide an educational / interactive Zoom session on Fall Prevention. The objective is to create greater awareness among professionals, older adults, caregivers, and family members regarding the serious toll falls have on older adults regarding their quality of life and independence. The discussion will present statistics, risk factors, and possible prevention interventions. The session will conclude with a Falls Free Self-Check-up as provided by NCOA. To register for the link, call 919-554-4111.

Session II: Introduction to Tai Chi for Arthritis 11-12pm

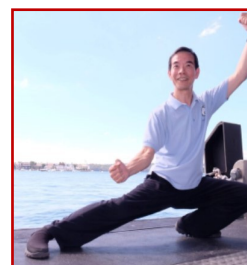
Presented by North Carolina Center for Health and Wellness. Pre-registration required. <https://healthyagingnc.com/registration-form>.

Session III: Video Tour of Universal Designed home in our area 1-2pm You won't want to miss this...

Narrated by Stephanie Kaeberlein, Matchline Interiors. What is universal design? Universal Design is the design and composition of an environment so that it can be accessed, understood and used to the greatest extent possible by all people regardless of their age, size, ability or disability. Gain a greater understanding of Universal Design and how its very nature decreases the incidence and risk of falls. To register for link, call 919-554-4111.

Session IV: Walking and the importance of appropriate footwear 2-3pm:

- Introduction to Walk with Ease, an Evidenced Based Program, presented by Rosetta Mock
- Video tour and conversation on the importance of appropriate footwear presented by Ellie Penner, Pedorthist and owner of Sole Dimensions. To register for link call 919-554-4111.



NATIONAL FALL PREVENTION AWARENESS WEEK CONT:

Tuesday September 22, 2020

Session I: Introductions to Line Dance, Zumba, and Barre. 1-2pm.

Get a taste of each fitness program, the instructors, and the rolls they play in fall prevention. To Register for link, call 919-554-4111.



Session II: How to find a home to “Age in Place” and the home modifications that may be necessary 2-3pm. There are two presenters. Deb McCutcheon OT and Senior Real Estate Specialist (SRES). Deb is a Realtor with ReMax Lindsay Real Estate Group. She is dedicated to the aging population and serves in a board position with National Aging in Place Council.

Scott Smith, Owner RWS Construction has over 35 years experience in the construction industry Scott specializes in accessibility. Scott is a Certified Aging-in-Place Specialist, Certified Graduate Remodeler, and Certified Green Professional. His passion stems from his personal experience with aging family members.



Wednesday, September 23, 2020

Session I: Reducing the Risk of Falling in Seniors through Physical Therapy 1-2pm.

Interactive session presented by Brian Smith PT DPT, SCS Physical Therapist with Pivot Physical Therapy. Call to register and receive the Zoom link. 919-554-4111

Session II: 2-3pm

- **AI Devices for Fall Prevention Presented by Brad Ross.** Learn about the role Artificial Intelligence is playing in fall prevention today.
- **The Role medication plays in falls presented by Dr. Casey Baldwin, Associate Professor Campbell University and Resources for Seniors.** Learn about the medications that have an effect on balance and what to ask and watch for.



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NATIONAL FALL PREVENTION AWARENESS WEEK CONT:

Thursday, September 24 2020

Call 919-554-4111 to register and receive Zoom links.



Session I: 1-2pm.

- **Visual Impairment and the role it plays in the risk of falls.** In-office presentation by Dr. Jon Lutz, Wendell Eye Care.
- **How your hearing affects your balance and the risk of falls.** In-office presentation by Susan Berquist, Audiologist, Heritage Audiology.



Session II: 2 –3pm. Introduction to Evidence Based Fall Prevention Programs offered by the Senior Centers. Matter of Balance, GeriFit, and Fit and Strong.

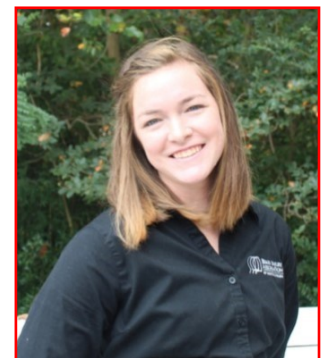
Explanations and short demonstrations of what each program offers, the requirements to be a part of the class and the benefits regarding Fall prevention and the Fear of Falling. Presented by Norma Ferrell, Laura Wilson, and Linda Thomas.

Heritage Audiology

Friday, September 25 2020

Call 919-554-4111 to register and receive Zoom links.

Session I: 1-2pm. A Zoom session on Falls & Brain Injury will be presented by Lauren Castello, MC, CRC, CBIST, Brain Injury Association of NC.



Session II: 2-3pm. Hear and see first hand how the Evidence Based Classes addressing fall prevention have made a difference. Learn about advocacy regarding this topic and engage in questions and closing remarks.



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DID YOU KNOW:

Box Fans: There are free fans for those who qualify. Recipients need to be 60 or older and there is a limit of one fan every other year. Call Resources for Seniors Intake at 919-713-1556 to make the request and there is a quick request form to sign when you pick up the fan.



There is legal aid assistance: Call Legal Aid of NC for assistance with Elder law documents. Harry Langley at 1-866-219-5262 and reference the Northern or Eastern Wake Senior Centers.



Memory Screening by ComForCare Home Care:

Memory screenings are simple, quick and noninvasive, and consist of a series of questions to gauge memory, language, thinking skills and other intellectual functions. The memory screening takes approximately 10-15 minutes and is confidential. Memory screenings are an important part of health.

Results are not a diagnosis, but a memory screening can suggest if someone should see a physician for a full evaluation.

Call (704) 491-1090 or email Nicole@comforcare.com today to see how ComForCare Home Care can help you Live Your Best Life Possible.



Virtual Store: Are you a crafter, potter, or seamstress? Do you have a special item that you make and would be willing to donate to our virtual store to raise money for the centers? These items may be ones that you would normally make for our Craft Sales. Due to COVID19 we want to offer them on our Facebook store in case we are unable to hold the craft fair. Please call the center if interested. Just a few of the items available for sale.



JUST A REMINDER:

Follow us daily on Facebook: New posts and live-streams Monday-Friday: www.facebook.com/NWSCenter.

Watch Northern and Eastern Wake's YouTube Channel: We have over 50 videos available for you. www.youtube.com/channel/UCcUa03PH6f5ye7j0KXO81Lw



Support our own Laura Wilson by subscribing to her you Tube Channel: Chittarupa Youga and Fitness. It is free. Sign up , get a password and click the subscribe button the channel. <https://www.patreon.com/user?u=39627217>

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NEXT WEEK AT A GLANCE:

Monday Sept 7	Tuesday Sept 8	Wednesday Sept 9	Thursday Sept 10	Friday Sept 11
CLOSED FOR LABOR DAY	8:30 Tai Chi (Full)	8:30 Yoga with Laura	8:30 Tai Chi (Full)	8:00 Walk with Ease Joyner Park 8:30 Yoga with Laura
	9:00 Beginners Knock-out	9:00 Walk with Ease (EW) Virtual	9:00 Beginners Knock-out	8:30 Walk with Ease (EW)Virtual
	9:30 Water Color			10:00—11:30 U.S. Constitution
		10:00am Outdoor Care-giving Support Group	10:00am Tone and Sculpting	
	10:30 Acting your Age	10:00 Aerobics (Full)		10:00 Aerobics
		11:00 Stepping Out Strong	11:00 Line Dancing with Ronnie (Virtual)	
		11:30 Zumba Gold		11:30 Zumba Gold
		12—4 COVID Test Drive Through		1-2 Music Therapy
	1:00—3:00 Acrylics 1:30—3:00 Name that Tune	1:00 Hospice vs Palliative Care 1:00 Parkinson's Group Meeting	1:00 Need to Know	1-3 Parkinson's Support Group Raleigh SC
		1-4 Drive Through Wellness Bags	1:00 Caregiver Support Group	
	2:30—4:00 Powerful Tools for Caregivers			
	3:30 Live stream	3:30 Live stream	3:30 Live stream 4:00 All Star snacking with Interfaith Food Shuttle	3:30 Live stream

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